

# PLAY HARD WORK BETTER LIVE WELL



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## First Coast Games 2019 March 2 - June 8

Our annual, corporate challenge focuses on participants' health and wellness goals, while still offering some friendly competition. Our goal is to introduce fun, healthy activities into the workplace while promoting networking and team building with businesses across the First Coast.



## REFER A TEAM

Our goal is to welcome **35 teams** to the field at our Opening Ceremonies on March 2nd and we are well on our way... but we'd love to continue to introduce new companies to our corporate wellness program and we're hoping you can help.

### Here are some quick and easy steps:

1. Refer a **NEW** company to Dana Troeger (contact info below)
2. New company signs up and receives **\$250 OFF** registration
3. Your team will receive **10 EXTRA Bonus Points**
4. **YOU** will receive a gift card of your choice as a thank you

We can't wait to kick-off this year's Games! Thank you for all that you do in support of the First Coast YMCA and our community.

### In addition to all the fun events, every participating company gets access to:

- › 2-Week Guest Pass to any First Coast YMCA location
- › \$50/month Florida's First Coast YMCA Monthly Membership offer for 3 months (March-May) for **NON Y MEMBERS**
- › Pre and Post FCG Fitness Assessments at a YMCA location
- › Opening and Closing Ceremonies
- › Opportunity for corporate teams to earn bonus points through Volunteerism and Community Wellness

## EVENTS: 5K

BASKETBALL

BOWLING

CAMP DAY

DODGEBALL

FLAG FOOTBALL

KICKBALL

SOCCER

SOFTBALL

TENNIS

TOPGOLF

ULTIMATE FRISBEE

VOLLEYBALL

Questions about First Coast Games? Contact:

Dana Troeger | 904.265.1809

[dtroeger@fcmca.org](mailto:dtroeger@fcmca.org)

Register online at [FCYMCA.org](http://FCYMCA.org).

JUST SEARCH FOR "FIRST COAST GAMES."